

**Clarence Senior Center**  
**4600 Thompson Road      633-5138**

## **Senior Health & Fitness Fair**

**Hosted in conjunction with the  
Akron / Newstead Senior Center**

**Wednesday, May 20th**  
**10:00 am to 2:00 pm**

**FREE Health Screenings:**

**Blood Pressure, Cholesterol, BMI (body mass index),  
Bone Density, Vascular Health Screenings and  
Balance Assessment by Catholic Health System**

**FREE Exhibits on Senior Health, Fitness,  
Safety and Government Benefits**

**FREE seminar “Fourteen Ways to Preserve Your Assets  
with the Medicaid Laws” by Robert Friedman,  
Attorney, Friedman & Ranzenhofer P.C.**

**FREE Lunch**

**FREE Prize Giveaways & Drawings**

**Sponsored by:**

**Blue Cross / Blue Shield of Western New York &  
Friedman & Ranzenhofer, Attorneys at Law**